

November

SUPPER Menu



ENTREES

SIDES

Monday | 8



Cheese Pizza

- Celery Sticks w/Dip
- Diced Peaches
- Nonfat or 1% White Milk

Tuesday | 9



Vegan Southwest
Pinto Wrap

- Broccoli Florets w/Dip
- Chilled Pineapple Tidbits
- Nonfat or 1% White Milk

Wednesday | 10



Glorious Macaroni
& Cheese w/ Garlic
Knot Bread

- Mixed Garden Vegetables
- Diced Pears
- Nonfat or 1% White Milk

Thursday | 11

NO SCHOOL

Friday | 12



Sunbutter & Jelly
Sandwich

- Cucumber Coins w/Dip
- Mandarin Oranges
- Nonfat or 1% White Milk

This menu is subject to change based upon availability



= Vegetarian



= Vegan



= Locally Sourced

Student's choice of skim or 1% hormone-free milk provided at every meal

Food Celebrations

Welcome Back! Here are some exciting ways to stay engaged with your food this school year.

Super Bites 11/10

Fall Harvest/Holiday

Meal 11/23

International food day

11/9

Chickpea and Potato
Curry

Open Meal Sites

Ballou High School
Columbia Heights
Education Campus

November

SUPPER Menu

ENTREES

SIDES

Monday | 15



Greek Salad w/
Tortilla Chips

- Broccoli Florets w/ Dip
- Diced Peaches
- Nonfat or 1% White Milk

Tuesday | 16



Veggie Fried Rice w/ Baked Tofu

- Seasoned Carrot Coins
- Diced Pears
- Nonfat or 1% White Milk

Wednesday | 17



Egg Salad Sandwich

- Celery Sticks w/ Dip
- Banana
- Nonfat or 1% White Milk

Thursday | 18



Baked Penne w/ Garlic Knot Bread

- Mixed Garden Vegetables
- Fresh Apple Slices
- Nonfat or 1% White Milk

Friday | 19



Hearty Garden Salad w/ Tortilla Chips

- Cucumber Coins w/Dip
- Chilled Pineapple Tidbits
- Nonfat or 1% White Milk

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ENTREES

SIDES

Monday | 22



Cheese Pizza

- Celery Sticks w/Dip
- Diced Peaches
- Nonfat or 1% White Milk

Tuesday | 23



Vegan Southwest Pinto Wrap

- Broccoli Florets w/Dip
- Chilled Pineapple Tidbits
- Nonfat or 1% White Milk

Wednesday | 24 NO SCHOOL

Thursday | 25 NO SCHOOL

Friday | 26 NO SCHOOL

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SIDES

Monday | 29



Greek Salad w/
Tortilla Chips

- Broccoli Florets w/ Dip
- Diced Peaches
- Nonfat or 1% White Milk

Tuesday | 30



Veggie Fried Rice w/ Baked Tofu

- Seasoned Carrot Coins
- Diced Pears
- Nonfat or 1% White Milk

DECEMBER

Wednesday | 1



Egg Salad Sandwich

- Celery Sticks w/ Dip
- Banana
- Nonfat or 1% White Milk

DECEMBER

Thursday | 2



Baked Penne w/ Garlic Knot Bread



- Mixed Garden Vegetables
- Fresh Apple Slices
- Nonfat or 1% White Milk

DECEMBER

Friday | 3



Hearty Garden Salad w/ Tortilla Chips

- Cucumber Coins w/Dip
- Chilled Pineapple Tidbits
- Nonfat or 1% White Milk



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